

CONNECTION WITH NATURE

This card is designed to help you consciously create a deep and authentic connection between participants and nature.

Your role is to open up the space and ensure the experience is accessible. To become a mediator between people and the natural world. To create conditions in which everyone – regardless of their physical abilities – can experience nature with all their senses and feel part of the whole.

MY CONNECTION WITH NATURE – AS A FOUNDATION

Before you guide others towards nature – connect with it yourself. It is about whether you truly feel that you are part of nature, whether you have your own personal bond with it.

Small things that make a big difference:

- sit by an open window and look at the trees, listen to the birdsong,
- step barefoot onto the grass for a moment,
- lie down on the ground and gaze at the sky,
- when you walk – go more slowly than usual, with no goal other than simply to be.

These don't need to become rituals. A brief moment of awareness and presence is enough.

Over time, these small practices become grounding. They bring... build within you...?

If you feel the connection – others will feel it too.

Symbolic rituals:

- invite participants to choose “their” place and spend some time there in mindful presence.

Help participants notice:

- how nature regulates itself,
- how their bodies and emotions can be regulated through contact with the natural world,
- how staying connected with nature helps maintain inner balance in daily life – especially in times of stress, overstimulation, and fatigue.

INVITE PARTICIPANTS TO CONNECT WITH NATURE

Through::

Free sensory exploration:

- allow touching, listening, smelling, looking without rush. Give time to engage with grass, moss, the rustle of leaves

Stillness and silence:

- sometimes the deepest connection appears in silence.

Physical contact:

- provide mats for those who wish to lie down on the ground. Suggest taking off shoes and feeling the grass beneath their feet.





ASK YOURSELF:

- What more can I do so that each participant may physically and emotionally experience nature?
- Am I creating a space where someone may feel an inner desire to maintain balance, harmony with the world, and with themselves?

REFLECTION:

Connection with nature does not require words. It is a subtle thread that often arises in silence, in the touch of a leaf, in watching the clouds.

Your role as a guide is to open the door and give participants the space to experience.

Let them return to everyday life with the question:

“How can I come back more often to this state of calm, balance, and presence?”

GUIDELINES:

- **Observe the group** – not only what they do, but what they feel. A participant who seems withdrawn or thoughtful is not necessarily bored – they may actually be experiencing connection.
- **Ensure comfort** – physical (warmth, accessibility, possibility of rest) and emotional (a safe space for experiences).
- **Do not hurry** – allow time, don’t try to “tick off a programme”. The deepest connections often emerge in the space “in between”.
- **Inspire but don’t impose** – invite, don’t demand. Offer choices, show possibilities.
- **Be part of the process** – don’t stand apart. You too can connect with nature and with the group.

